

Heart to Heart

An e-bulletin created especially for healthcare providers

In the News . . .



Preventing heart risks at the root: childhood

Two studies published Monday suggest that the road to hypertension and heart disease starts in childhood and that prevention should start there, too.

Prevention of heart disease should start in childhood.

More evidence that olive oil and vegetables are good for the heart

A new study finds women who eat more olive oil and leafy vegetables such as salads and cooked spinach are significantly less likely to develop heart disease.

Hysterectomy linked with cardiovascular disease

Women who have their uterus removed for reasons other than cancer may be at a greater risk of suffering a heart attack or stroke, suggests a large new study.

Stroke

Broken Hip tied to increased risk of stroke

While suffering a stroke is already known to raise the risk of breaking your hip, new research hints that the reverse might also be true.

Most Medicare stroke patients are dead within one year

Nearly two-thirds of Medicare beneficiaries discharged from hospitals after ischemic stroke die or are readmitted within one year, researchers report in *Stroke: Journal of the American Heart Association*.

Eating red meat increases women's stroke risk

Women who eat a lot of red meat may be putting themselves at increased risk of stroke, a new study in more than 30,000 Swedish women hints.

All about Sodium . . .

Reducing Sodium Consumption in African-Americans

Recently, the National Black Caucus of State Legislators (NBCSL) adopted and ratified resolution to encourage food/beverage manufacturers to reduce the sodium in their products and urges State and local public health agencies to implement population-wide approaches to improve health. The resolution may be found under the title *Reducing Sodium Consumption in African Americans* section of the document.

Sodium Webinar – Now Available

The Department of Heart Disease and Stroke Prevention (DHDS) and the Association of State and Territorial Health Officials (ASTHO) recently co-hosted a webinar entitled, "Salt and Your State, Strategies for Better Health Outcomes".

Heart to Heart

The latest on Cholesterol . . .

High dietary fat, cholesterol linked to increased risk of breast cancer

Elevated fat and cholesterol levels found in a typical American-style diet play an important role in the growth and spread of breast cancer, say researchers at the Kimmel Cancer Center at Jefferson.

Added sugar may cause high cholesterol in teens

A new study found that high amounts of sugar in the diets of teens could increase their risk for heart disease.



Quitting smoking improves cholesterol

A boost in "good" cholesterol comes with quitting despite weight gain after putting out the last cigarette, hints a new study.

What's new at the Department of Public Health

Continuing Education Opportunity

Don't miss the opportunity to take courses on the Learning Management System to earn your free continuing education credits! Look for more information about a new Cholesterol course coming in 2011.

Healthcare Providers Survey

The Heart Disease and Stroke Prevention Program recently sent out an online survey to members of the collaborative. The survey asks simple questions about how your clinic uses resources, information, and training sessions from the collaborative. **Your** participation will help us better serve **you!** Respond to the survey by the end of February.

February Heart Health Observances



American Heart Month

The American Heart Association's web site provides many resources, including the Life's Simple 7 program.



February 4 -- Wear Red Day

The American Heart Association's Go Red For Women web site provides information regarding the designated celebration, activities and resources.

NHLBI The Heart Truth

Join *The Heart Truth* on National Wear Red Day to help spread the critical message that, "Heart Disease Doesn't Care What You Wear—It's the #1 Killer of Women."



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